

Table 1. Mean^{1,2} intakes of energy and selected nutrients from the coffee and tea components of coffee and tea consumed as beverages, by adults ages 19 years and older, WWEIA, NHANES 2005-2006, Day 1

Energy and Nutrients	Energy & nutrients from coffee for men	Energy & nutrients from coffee for women	Energy & nutrients from coffee for all adults	Energy & nutrients from tea for men	Energy & nutrients from tea For women	Energy & nutrients from Tea for all adults	Energy & nutrients from coffee and tea for all adults
Energy (kcal)	5	4	4	3	3	3	7
Protein (g)	0.5	0.4	0.4	*	*	*	0.5
Carbohydrate (g)	*	*	*	1	1	1	1
Thiamin (mg)	0.04	0.03	0.04	*	*	*	0.04
Riboflavin (mg)	0.25	0.18	0.21	0.03	0.02	0.03	0.24
Niacin (mg)	0.9	0.7	0.8	*	*	*	0.8
Folate (mcg DFE)	6	4	5	9	8	9	14
Choline (mg)	9	7	8	1	1	1	9
Vitamin K (mcg)	0.4	0.3	0.3	0	0	0	0.3
Calcium (mg)	9	7	8	1	1	1	9
Phosphorus (mg)	12	9	10	3	2	2	12
Magnesium (mg)	14	12	13	6	6	6	19
Iron (mg)	0.1	0.1	0.1	*	*	*	0.1
Zinc (mg)	0.1	0.1	0.1	*	*	*	0.1
Sodium (mg)	9	7	8	6	6	6	14
Potassium (mg)	198	146	171	84	69	76	247
Selenium (mg)	0.1	0.1	0.1	*	*	*	0.1

¹Includes energy and nutrients in amounts large enough to report and * denotes values too small to report. Weighted data

²See notes on page 3

Data source: What We Eat in America, NHANES 2005-2006, Day 1. Sample size: Men=2289, Women=2482

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 2. Percentages^{1,2} of adults ages 19 years and older, drinking coffee and tea on a given day
WWEIA, NHANES 2005-2006, Day 1

Gender	% Drinking coffee	% Drinking tea	% Drinking coffee or tea
Men	53	22	65
Women	52	28	67
All adults	52	25	66

¹ Weighted data

²See notes on page 3

Data source: What We Eat in America, NHANES 2005-2006, Day 1. Sample size: Men=2289, Women=2482

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Table 3. Percentages^{1,2} of adults ages 19 years and older, drinking coffee and tea at least once
in the past one year

Gender	% Drinking coffee	% Drinking tea	% Drinking coffee or tea
Men	73	78	90
Women	72	81	90
All adults	73	80	90

¹ Weighted data

²See notes on page 3

Data source: NHANES 2005-2006, Food Frequency Questionnaire. Sample size: Men=1399, Women=1651

Unpublished Data: USDA, Agricultural Research Service, Food Surveys Research Group

Notes:

Tables 1&2 statistics were estimated using What We Eat in America, NHANES 2005-2006, Day 1 dietary data. Nutrient values in table 1 represent only that of coffee/tea and water components present in the respective beverages.

Coffee: Includes all types of coffee such as regular or decaffeinated coffees made from ground or instant coffee, cappuccino, Cuban, Turkish, espresso, latte and mocha were included in the analysis. Any additions made to the coffee (e.g. milk, cream, sugar) were not included in the analyses.

Tea: Includes regular and decaffeinated iced teas and hot teas prepared from leaf, powdered/ instant, and frozen concentrates; iced tea; flavored tea; and herbal tea. Any additions made to the tea (e.g. milk, sugar, honey, lemon) were not included in the analyses.

Table 3 statistics used NHANES 2005-2006 Food Frequency Questionnaire data.

Responses to Q. 123 on the number of cups of coffee (caffeinated or decaffeinated) respondents consumed in the past one year were used to estimate the percentages of adults drinking coffee at least once in the past one year.

Responses to Q. 124 and 125 on the number of glasses of iced tea (caffeinated or decaffeinated) or number of cups of hot tea (caffeinated or decaffeinated) and herbal tea were used to estimate the percentages of adults drinking tea at least once in the past one year.